



Spain: Madrid, Seville & Barcelona's Sagrada Família

10 days, Madrid to Barcelona

Trip code ESMG

What's included

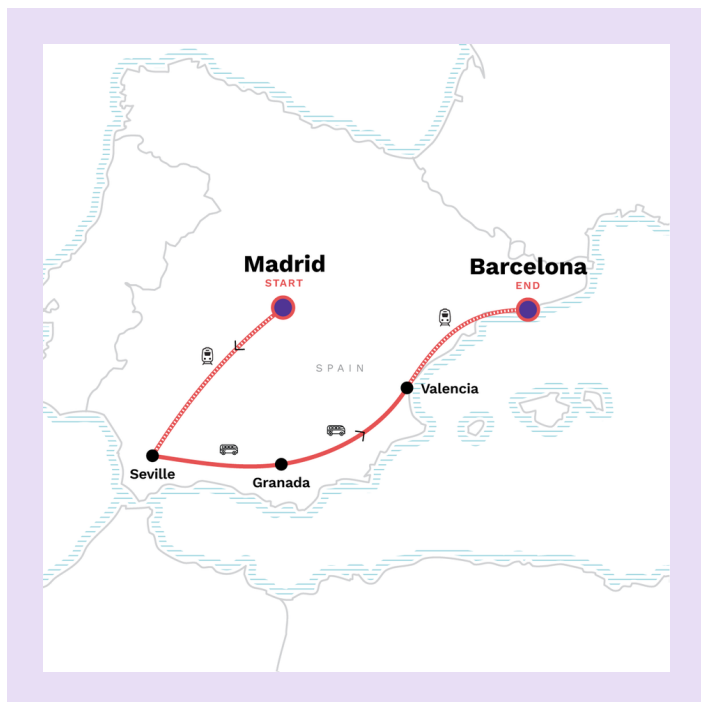
- Your G for Good Moment: Mescladis Restaurant, Barcelona
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Foodie Tour of Madrid, Madrid
- Your OMG Day: Guadalquivir River Cruise or Riverside & Old Town Bike Tour, Seville
- Your Foodie Moment: Olive Oil Farm and Tasting, Seville
- Your Foodie Moment: Wine Tasting and Lunch at the Winery, Jumilla
- Your Foodie Moment: Paella Cooking Class and Lunch, Valencia
- Complimentary arrival transfer
- Walking foodie tour of Madrid
- High-speed train travels
- Guided walking tour of Sevilla
- Guided tour of the Alcazar
- A Flamenco show and dinner
- Olive oil farm visit and tasting
- Orientation walk through Granada
- Alhambra guided visit
- Wine tasting and lunch at the winery
- Valencia market visit
- Paella cooking class and lunch
- Sagrada Família guided tour in Barcelona
- Tips for all included meals and activities, except for CEO and Porterage
- Departure transfer
- All transport between destinations and to/from included activities

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing July 7th, 2026 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Madrid: Welcome to Spain

Touch down in Madrid for ten days of discovery and cultural immersion. Meet your CEO for an included transfer by coach and to your hotel in the city. Prepare for a trip of a lifetime through iconic Spanish cities, rolling countryside to seaside Barcelona.

Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group and CEO later this afternoon. Afterwards, enjoy an orientation walk and dinner with your CEO.



Meals included

Dinner



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Arrival Transfer

Madrid-Barajas Airport - Madrid

15m-30m

18km

You will be met at the airport and transferred to the hotel to start your adventure.

Madrid: Iconic Sight and Culinary Delights

Embark on a food tour passing by iconic sites through the Old Town, Puerta del Sol, and Plaza Mayor. Enjoy five curated tasting stops that double as a satisfying lunch, with the final stop conveniently located near your hotel. Afterwards, you have free time to explore more of the town on your own.

Set out from your hotel on foot to explore Madrid from a culinary point of view on an included walking foodie tour. Return to your hotel after the included lunch to enjoy a free afternoon and evening.



Meals included

Breakfast | Lunch



Today's Activities

ACTIVITY

Feel like a true Madrileño as you savor the best tapas, Tinto de Verano, Iberian ham, sweet treats and much more, all while exploring Madrid's iconic sites and soaking in its vibrant culture.

Catch a morning high-speed train from Madrid to Sevilla. Upon arrival, stroll to a local bistro for a classic lunch. Afterward, join a local guide for an enchanting walking tour through Sevilla's historic streets, passing the majestic cathedral and Giralda Tower. The absolute pinnacle of your day is a tour of the Alcazar, where your guide will bring to life stories of magnificent Mudéjar palaces and lush, legendary gardens—a breathtaking example of the seamless fusion between Christian and Islamic artistic styles.

A private transfer takes you to the train station for your trip to Sevilla. In Seville, transfer by private coach to drop your bags at your hotel before enjoying an included lunch. Walk through town to the Moorish style Alcazar for a locally guided tour. Afterwards, explore more on your own or join your CEO for the short walk back to the hotel for a free evening.



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Madrid

30m

Settle in and scan the scenery from the convenience of a private vehicle.

Train

Madrid - Seville

3h

Climb aboard, take a seat, and enjoy the ride.

Private Vehicle

Seville

30m

Settle in and scan the scenery from the convenience of a private vehicle.

Locally Guided Walking Tour of Sevilla & Alcazar

Seville

1h30m

Experience the vibrant culture of Seville on a walking tour that explores the city's rich history and architectural splendor. Wander through the charming streets and pass by the majestic Seville Cathedral and the Giralda Tower. The highlight of the tour is the stunning Alcazar, a royal palace renowned for its Mudejar architecture, lush gardens, and historical significance. This journey offers a captivating glimpse into Seville's past and present.

Today is all about you. Opt to board a guided river Cruise through Sevilla or join a bike tour along the waterfront and through the old town. After a free afternoon, join your CEO for the walk to your dinner and Flamenco show in the heart of the city. Flamenco is not just a performance in Sevilla; it is the living heartbeat of the city's identity, a profound blend of cultures—including Romani, Moorish, Jewish, and native Andalusian peoples that for generations served as a raw, passionate outlet for marginalised communities to express their struggles, joys, and history. Today, Sevilla remains the spiritual capital of flamenco.

Today a choice of included tours is just a stroll away from your hotel. Choose either a boat or bike to immerse yourself in the heart of Sevilla. After free time for lunch on your own, the evening brings a true cultural highlight as you taste local specialties and sit in awe of the raw art of flamenco.



Meals included

Breakfast | Dinner



Today's Activities

ACTIVITY

Option 1: Guadalquivir River Cruise along the historic waters of Sevilla past the iconic Golden Tower capturing stunning waterfront views of the city's vibrant, sun-drenched facades.

Option 2: Pedal through Sevilla's charm on a flat cycling adventure along the scenic river promenade, navigating the city's bike-friendly lanes to encounter its most famous landmarks up close.

Dinner and Flamenco show

Seville

2h30m

A Seville flamenco dinner show blends passionate dancing with traditional Andalusian cuisine. Guests enjoy tapas and wine in a in a tablao, an intimate, historic venue designed specifically for flamenco performances as artists deliver a high-energy, foot-stomping guitar performance.

Savor Spain's culinary and cultural essence. Experience a world-class organic olive oil farm tasting and a zero-kilometer vineyard lunch. Afterward, journey to Granada a historic city in southern Spain's Andalusia region, globally renowned for its breathtaking medieval Islamic architecture, most notably the sprawling Alhambra palace fortress. You have time in the afternoon to explore its spectacular heritage and historic architecture at your own pace or via an optional CEO led orientation walk.

A private transfer brings you to the heart of Andalusia for an in-depth introduction to how traditional heritage and modern methods mix with biodynamic techniques. Next board your private coach for the drive to Granada. Upon arrival, check into your hotel and enjoy a free evening.



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Seville - Bobadilla

2h

Settle in and scan the scenery from the convenience of a private vehicle.

ACTIVITY

Visit an organic and biodynamic extra virgin olive oil farm in the heart of Andalusia. It's a great opportunity to connect with the land, its history, and the passion behind each harvest. Learn about the importance of the olive oil production in Spain and what it represents for the Andalusians as you taste the oil and enjoy a picnic style lunch of local delicacies.

Private Vehicle

Bobadilla - Granada

1h

Settle in and scan the scenery from the convenience of a private vehicle.

CEO led orientation walk of Granada

Granada

45m

Join your CEO to learn the history of this iconic town, its unique blend of architecture that shapes and influences the town.

Granada: The Iconic Alhambra

Granada is a city where Islamic history and Spanish culture blend beautifully. The highlight of the day is a guided exploration of the Alhambra's breathtaking Moorish palaces, towers, and gardens. Use the remainder of your day to dive into Granada's historic soul: wander the steep, whitewashed alleys of the Albaicín quarter, and relax in a traditional Arabic hammam or a stop by a cozy tea house for Moroccan pastries and mint tea. Join your CEO on an optional walk as they make suggestions on things to see and do in town.

A private transfer brings you to the Alhambra where you will have an in-depth tour of this imposing structure. Afterwards, a private transfer brings you to the city center where you have free time for lunch and an evening on your own or perhaps join your CEO on optional walks and for an optional dinner in town.



Meals included

Breakfast



Today's Activities

Alhambra visit

Granada

2h-3h

Enjoy a guided visit of the Alhambra, one of the greatest accomplishments of Islamic art and architecture. Learn about Granada's reign as one of the region's most regal cities during the Muslim rule of Spain, which is captured in time within the Alhambra.

Valencia: Winery Lunch and Tasting

Today you are formally introduced to Spanish wine and its importance to the region. The sun-drenched hills around Jumilla, hold a unique chapter in the viticultural of the country. The region has undergone a massive quality revolution over the last few decades and is the spiritual home of the Monastrell (Mourvèdre) grape an award winning variety. Enjoy a tasting of this local wine and a family style lunch. Continue to Valencia, a vibrant coastal metropolis and your home for the next two nights.

Today private transfers by coach take you from Granada to Valencia. Make a stop at the foot of Sierra del Carche to visit a family-run winery for lunch before continuing on to your hotel in town. Join your CEO for an optional walk and dinner tonight.



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Granada - Jumilla

4h

Settle in and scan the scenery from the convenience of a private vehicle.

ACTIVITY

This family-run winery crafts organic wines that balance high-altitude freshness with the rugged soul of the Southeast region of Spain. Through hand-harvesting and a deep respect for the environment, they produce authentic, elegant bottles that reflect the landscape's unique identity. Enjoy a private guided visit through the winery, a wine tasting and lite lunch of cheeses and Iberian cold cuts.

Private Vehicle

Granada - Valencia

2h

Settle in and scan the scenery from the convenience of a private vehicle.

This morning join your CEO for a walk to discover the area around your hotel. Later, explore the Ruzafa district –a vibrant, bohemian area that adds energy to your experience. Once a historic independent village, it has transformed into Valencia's most artistic and eclectic neighbourhoods, where old-world Spanish charm meets modern creative flair. Experience local culture as you stroll through the market gathering fresh ingredients and discovering Valencian traditions, before heading to the kitchen to try your hand at Spanish cooking.

Today you explore the sights, sounds and tastes of Valencia on foot with your CEO and a host of expert guides. Explore local markets, learn to select the perfect ingredients for iconic local dishes. After a foodie style lunch, walk back to your hotel for a free afternoon and evening. Your CEO will offer suggestions for sights and dinner tonight.



Meals included

Breakfast | Lunch



Today's Activities

Valencia Orientation Walk

Valencia

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

ACTIVITY

Join local chefs to learn the secrets of the paella. Meet at the door of San Valero Church and walk through the Ruzafa market as you purchase the ingredients. Along the way your guides tell you the origin of the paella, customs and culture of the Valencian people. Later in the kitchen enjoy some delicious tapas accompanied by sangría, as our chef explains the preparation of the paella and once finished we will sit down to taste it along with local wines.

Relax on a scenic train journey to Barcelona before stepping into the breathtaking, forest-like stone canopy of Gaudí's iconic Sagrada Família with an expert guide. Conclude your day at Espai Mescladis, where you enjoy traditional tapas alongside migrant trainees in a soulful restaurant scene that blends culture and social connection. This community focused farewell dinner concludes your experience in Spain.

After a private transfer from your hotel board the high-speed train from Valencia to Barcelona. Drop your luggage at the hotel before embarking on a guided visit to the world-famous Sagrada Familia. Return to your hotel for check-in and free time to explore on your own.



Meals included

Breakfast | Dinner



Today's Activities

Local Train

Valencia - Barcelona

3h42m

350km

Climb aboard, take your seat, and get around like the locals do.

Guided Visit to the Sagrada Familia

Barcelona

2h

Join our local expert guide into an in-depth visit of this monumental masterpiece. Antoni Gaudí's unfinished work is one of the most iconic architectural wonders in the world. The basilica is famous for its towering spires, intricate facades that tell biblical stories, and an interior designed to mimic a stone forest.

ACTIVITY

Mescladís is a vibrant Barcelona social enterprise that protects the right to migrate with dignity by training immigrants and refugees for hospitality careers. This vital social mission is fully powered by its multicultural dining venues, inviting you to enjoy an authentic dinner that serves as a creative, sustainable agent of change within the Spanish culinary scene.

Day 10

Departure Day

Today your adventure comes to an end, but the memories made during your time in Spain will live on.

Depart at any time.



Meals included

Breakfast

What's included

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What are the main highlights of this trip?

Eat your way through Madrid on a guided foodie tour, Travel between cities by high-speed rail, Explore Sevilla and the Alcazar on a guided walking tour, Watch flamenco set the stage alight over dinner, Taste fresh oil at a working olive oil farm, Get your bearings on an orientation walk through Granada, Step inside the Alhambra on a guided visit, Taste wine and enjoy lunch at a working winery, Browse the stalls of Valencia's central market, Learn to cook paella and enjoy the results for lunch, Marvel at the Sagrada Familia on a guided tour

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Is there a disclaimer I should read before booking this trip?

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Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

What important notes should I be aware of before the trip?

1. LOCAL GUIDES

It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places.

2. LUGGAGE

In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport. The carrying of your luggage remains your responsibility at all times.

3. OPTIONAL ACTIVITIES NOTE:

During high season in Europe (May-October) we highly recommend booking reservations for any popular optional activities/museum tickets etc. in advance to avoid encountering sold-out activities on the ground while on tour.

What is the role of the group leader during this trip?

This G Adventures group trip is accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

How large will the group be?

Max 16, Avg 12.

What meals are included in this trip?

9 breakfasts, 5 lunches, 3 dinners

What are the meals like on this trip?

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private coach, walking, high-speed train

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (9 nts)

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

What is the joining hotel?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

EMERGENCY CONTACT NUMBERS

G Adventures Office London, United Kingdom

During Office hours (Weekdays, 9am-5:30pm Local Time)

+44 20 7243 9870

For absolute emergencies after office hours please contact: +441858378000

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What should be on my packing list?

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Western Europe. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of euros, travellers cheques and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

While conventions can vary from country to country, tipping is customary in Europe. A general rule is 10% of the bill for wait staff, and a smaller amount (€1 or €2) for other service providers.

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €6-8 per day, depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

At the end of each trip, if you felt your G Adventures CEO did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €30-€40 per person, per week can be used as a guideline.

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

Minimum age of 18 years for this trip.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.